

EXPOSURE OF IMPACTED TEETH

Here you can find:

- ✓ **General Description**
- ✓ **GO TO Photo Gallery: SHOW ME**
- ✓ **FAQ: Frequently Asked Questions**
- ✓ **Postoperative Instructions: ENGLISH**
- ✓ **Postoperative Instructions: SPANISH: LAS INSTRUCCIONES**

✓ **GENERAL DESCRIPTION**

Certain are impacted and are important to retain in the mouth for cosmetic and functional reasons. One such tooth that commonly becomes impacted or unerupted is the upper canine or “eye tooth”. The second most common tooth to have this problem is the second molar. Keep an eye on both these teeth because they should progressively start to erupt and **continue to erupt** around the age of 11 years. Wisdom teeth or third molars are often impacted but these are seldom important in retaining because there is not usually enough space in the arch to accommodate these teeth.

The eye or canine tooth is important to retain in most cases. The orthodontist will make special arrangements to have enough space for this tooth to erupt. Sometimes the orthodontist will request the extraction of an upper bicuspid or premolar (the tooth immediately behind the canine tooth) to make enough room for it. In this procedure, Dr. Heffez opens up the gum, removes bone and sticks or bonds a special orthodontic bracket on the tooth. This bracket has a chain on it often called a gold chain because of its color. It is not, however, gold. The orthodontist then pulls on the chain slowly to pull the tooth into the arch. This is NOT a painful procedure although it may sound painful. It may take a few months to a year to get the tooth into the right place. The ability to slowly extrude or pull the tooth into the arch depends on the length of the canine root, the position of the tooth, your age, and the space between the tooth and the bone. Dr. Heffez will examine you and tell you more about your impacted tooth.

FAQ: EXPOSURE OF IMPACTED TEETH

✓

Will I need a surgical procedure to remove the chain?

No. Usually the orthodontist will remove it when it gets close to the surface and replace it with

one of their own brackets.

Is this a common procedure?

Yes. It is very common to perform this procedure.

Can this procedure fail?

It is possible that the tooth will be unable to be extruded or erupted into the arch because the tooth is stuck to the bone (ankylosis). In this case, Dr. Heffez may try to loosen its bony attachment and or lift it surgically into the right position. This rarely occurs in the younger patient. Sometimes, the tooth will bump into the incisor root or premolar preventing its full eruption.

Everything was going well until one day the bracket and chain fell off the tooth. Why did this happen?

If the bonding of the bracket is incomplete or the surface of the tooth is very calcified, the bonding will de-cement under a lot of force. Sometimes the tooth is so close to the surface and the orthodontist will only have to re-bond a bracket.

Rarely, when the tooth is deep and this occurs, it will require another attachment to be placed. This would require another surgical procedure.

Does my child need to be asleep for this procedure?

If you feel your child would be unnerved with injection of local anesthetic (numbing agent) or the noise of a drill or length of the procedure, you may choose to have Dr. Heffez provided **INTRAVENOUS ANESTHESIA** to calm his fears.

Can my child brush the chain or bracket?

Avoid brushing the bracket or chain as you may displace it. If there is food caught up on it simply rinse your mouth with water.

✓ **POSTOPERATIVE INSTRUCTIONS CARE OF THE MOUTH**

1. **Bleeding:** Bite on a gauze pad for **ONE HOUR** then discard. **EXPECT SOME OOZING FROM THE SURGICAL SITE FOR 24-48 HOURS.** If bleeding continues, fold gauze tightly, place over bleeding area and maintain firm biting or finger pressure for 30 minutes. A tea bag, wet or dry, is an excellent substitute for a gauze pack. Avoid frequent pack changes, rinsing or physical exertion until bleeding has ceased.
2. **Do Not Rinse** your mouth today. **DO NOT** use straws for drinking. Starting tomorrow, rinse gently every three to four hours using warm salt water. **AVOID VIGOROUS RINSING - DO NOT BALLOON YOUR CHEEK WHEN RINSING.** Do not brush the teeth in the area of the surgical site(s).
Continue with salt water rinses until your doctor instructs otherwise.

3. **Diet:** No eating or drinking for one hour. **STAY ON A FULL LIQUID DIET (NO CHEWING) UNTIL INSTRUCTED OTHERWISE BY YOUR DOCTOR.** If you eat any solid food you will jeopardize the final result. It is important that you drink at least 2 quarts of fluid per day. Liquid supplements, (Boost, Meritene, Nutrament, etc.), available at your pharmacy, and baby foods are excellent food sources for those few days, if needed. Two weeks of uneventful healing are required for best success.
4. **No smoking or alcoholic beverages** for two weeks.
5. **Anesthesia:** Patients who have received a general anesthesia should:
 - A. NOT drive a vehicle or operate any machinery within the same day of surgery,
 - B. NOT undertake any responsible business matters within the same day of surgery,
 - C. NOT drink any alcohol on day of surgery,
 - D. NOT take any medication without approval.
6. **Pain:** Pain is to be expected and may be severe for the first few hours. **One MUST:**
 - A. Take the prescribed medication before the anesthetic wears off, and the pain becomes evident, usually one hour following the procedure.
 - B. Take the medication to relieve pain. If dizziness or weakness is experienced, you should lie down.
 - C. Approximately 45 minutes should be allowed for you to become aware of the effect of pain medication.
Call if you have any questions concerning any reactions.
7. **Swelling:** Swelling is to be expected and may reach its maximum up to three days after surgery, but it is no cause for alarm.
Swelling may be reduced by:
 - A. Applying an ice bag or chopped ice to the operated area 15 minutes on and 15 minutes off as possible during the first 48 hours. After 48 hours substitute a hot water bottle or hot towel in the same manner until swelling has receded. **CHECK THE TEMPERATURE OF THE HOT PACK ON YOUR WRIST BEFORE PLACING THE PACK ON YOUR FACE, IN ORDER NOT TO BURN YOURSELF.**
 - B. Keep your head slightly elevated when lying down (i.e. extra pillow or two).
8. Bruising may occur, especially at the chin area. Sometimes the bruise is a deep purple. The bruise, if it occurs, can take up to 3 weeks to disappear. This should not be cause for alarm and should disappear within 10 days. You may have a slight earache or sore throat. Should this become worse after several days, call the office.
9. Occasionally following oral surgery, unrelated complications may occur (tonsillitis, flu or cold). This is due to the fact the patient's resistance may be low prior to or following surgery. If you feel run down or have not eaten or slept for several days, it is wise to avoid crowds, drafts and get as much rest as possible. **EVEN, IF YOU FEEL WELL AND**

STRONG, DO NOT WORKOUT OR PERFORM AEROBIC EXERCISES UNTIL YOUR DOCTOR ALLOWS YOU TO.

10. Nausea rarely occurs and may be avoided by taking pain medication with a glass of milk. If nausea is severe, stop taking the prescribed medication and switch to an acetaminophen based (Tylenol) medication. If pain is severe, call the office.
11. Antibiotics (Penicillin, etc.): **YOU MUST TAKE THESE ANTIBIOTICS AS PRESCRIBED** and for the exact length of time indicated on the bottle. Antibiotic medication may decrease the effectiveness of birth control pills. Therefore, patients taking birth control pills who have been prescribed antibiotics should use an additional method of contraception during the remainder of the contraceptive cycle.
12. **FOR IMPLANTS IN THE UPPER JAW NEAR YOUR SINUS DO NOT BLOW YOUR NOSE. AVOID SNEEZING. USE THE MEDICATION AS PRESCRIBED BY YOUR DOCTOR.**
13. Stitches are removed in 7 - 14 days without pain. Usually they will work loose and fall out on their own. This is of no concern.
14. Complete and partial dentures should **NOT** be worn at any time following surgery. **DO NOT USE THESE APPLIANCES UNTIL THE DOCTOR ALLOWS YOU TO. YOU MAY SERIOUSLY DAMAGE THE SURGICAL AREA.**
15. Tightness of the jaw muscles may cause difficulty in opening the mouth. This should disappear within 3 days. Application of a warm towel may be of some benefit.
16. Your lips should be kept moist with a cream or Vaseline following surgery to avoid cracking.
17. **IF ANY UNUSUAL SYMPTOMS OCCUR OR IF YOU HAVE ANY QUESTIONS CONCERNING YOUR PROGRESS. PLEASE CALL THE OFFICE.**
18. You must keep your appointment with your doctor because any opening in the tissues must be immediately closed to avoid infection.

AFTER HOURS DR. HEFFEZ TEL. # 224-707-0039

For any emergency do not try to use the web page to diagnose yourself. Go the nearest Hospital emergency room and have the doctors contact Dr. Heffez on his ER TEL #.

✓ **POSTOPERATIVE INSTRUCTIONS: SPANISH**

POR FAVOR SIGA LAS INSTRUCCIONES AQUÍ MENCIONADAS PARA SU COMODIDAD Y SEGURIDAD DESPUÉS DE UNA EXTRACCIÓN U OPERACIÓN ORAL

1. Descanse bastante. Si se encuentra acostado, mantenga la cabeza elevada sobre una almohada.
2. Es normal que sangre un poco. Mantenga mordida la gaza que le han puesto en la boca, por aproximadamente 30 minutos.
3. Si la sangre persiste, muerda de nuevo otra gaza limpia por otros 30 minutos. Para acelerar la coagulación se puede morder una bolsita de té, humedecida y envuelta en gaza. Esto puede hacerse dentro de una hora más.
4. No se enjuague la boca hasta la mañana siguiente porque esto puede causar que se rompa el coágulo de sangre. Para enjuagarse la boca, use agua tibia y salada. Esto se prepara disolviendo $\frac{1}{2}$ cucharadita cafetera de sal en un vaso de agua tibia; esto se hace 3 veces al día a la mañana siguiente de la extracción.
5. Inflamación o hinchazón es normal después de la extracción. Se puede aliviar aplicando hielo envuelto en un lienzo (toalla) sobre la cara en el lado afectado por 20 minutos; descanse 20 minutos y vuelva a repetirlo durante las 24 horas. Si después de 24 horas todavía sigue la hinchazón aplique lienzos de agua tibia sobre la cara en el lado afectado.
6. No fume hasta que la anestesia le haya pasado por completo. Si es posible no fume para que no corra el riesgo de que se cicatrice.
7. Si tiene dolor, tome una aspirina o Tylenol cada 3 horas o medicina que le hayan recetado y siga las instrucciones de la receta.
8. Tome su medicina que normalmente toma, siguiendo su horario normal y desde luego las que le fueron recetadas por el cirujano oral.
9. Mantenga una dieta comfortable. Algunas veces una dieta suave es necesaria, pero en su mayoría, la persona sigue su alimentación normal.
10. Tome bastantes líquidos.
11. Los músculos de la mandíbula (quijada) le pueden molestar después de una operación; para aliviar el dolor use lienzos de agua tibia.
12. En algunas ocasiones aparecen marcas amarillas, negras, o azules en la piel. También los lienzos de agua tibia ayudan a eliminar esto.
13. Por favor no deje de asistir a su próxima cita después de su extracción o para quitarle las puntadas. Llame al teléfono (312)996-7460 si es necesario cambiar la hora de la cita.
14. Si tiene algún problema o no está seguro de algo, llame a la clínica de cirugía oral al teléfono (312)996-7460. Si esto ocurre antes de las 9 de la mañana o después de las 4 de la tarde llame al

teléfono (312)996-7000 y pregunte por el residente cirujano dentista que esté en turno para recibir ayuda inmediata.

DR. HEFFEZ TEL. # 224-707-0039